

ARKANSAS DEPARTMENT OF EDUCATION CHILD NUTRITION UNIT

WELLNESS AND SMART SNACKS CHEAT SHEET

The Child Nutrition Unit has outlined the basic requirements for Wellness and Smart Snacks based on the latest Department of Elementary and Secondary Education (DESE) Rules Governing Nutrition, Physical Activity, and BMI as well as the Healthy Hunger-free Kids Act, which includes the Final Rules for Wellness Policies and Smart Snacks from the United States Department of Agriculture.

PROCEDURES

Providing Snacks

- Not reimbursable through Child Nutrition
- Applies during any part of the school day including 30 minutes after school ends
- Limit to one provided snack per day per student
- Must meet Smart Snacks guidelines by entering into online Alliance for a Healthier Generation Calculator for the appropriate school level
- Must keep documentation including nutrient fact label and calculator printout and/or screenshot
- Carbonated and sweetened non-carbonated beverages are limited to 12 oz or less per container and 55 mg of caffeine per serving (High School Only)
- May not be served in food service areas during meal service
- These rules apply to any snacks provided outside of meals and snacks regulated by a meal pattern, including the Child Nutrition Afterschool Snacks Program.

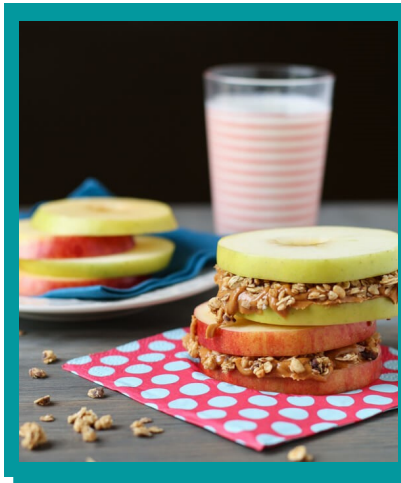
Selling Snacks

- May be sold prior to the start of the 1st classes of the school day and/or 30 minutes after the last lunch has ended in any school
- Applies until 30 minutes after school ends
- No vending machines in Elementary Schools
- Must meet Smart Snacks guidelines by entering into online Alliance for a Healthier Generation Calculator for the appropriate school level (elementary, middle, high school)
- Must keep documentation including nutrient fact label and calculator printout and/or screenshot
- May not be sold or served in food service areas during meal service (except a la carte)
- Carbonated and sweetened non-carbonated beverages are limited to 12 oz or less per container and 55 mg of caffeine per serving (High School Only)
- These rules apply to a la carte, entrees, side dishes, second trays and all competitive foods
- Fundraisers must be approved by district administration (documentation required)



General

- Two fruits and/or 100% fruit juices must be offered for sale at the same time and place as competitive foods
- At least 50% of beverages for sale shall be 100% fruit juice, low-fat/fat-free milk, and unflavored unsweetened water
- No food or beverages shall be used as rewards
- All school cafeterias and dining areas should reflect healthy nutrition environments
- Schools should ensure all students have access to school meals
- Water must be available to all students on campus at no cost



Exceptions for Snacks in Schools

Parents' Rights, School Nurses, Special Needs Students, School Events (9 Special Event Days determined, recorded on Eschool calendar, and approved by school officials), Food for Instructional Purposes, USDA Fresh Fruit and Vegetable Program, Self-Sustaining Fresh Fruit and Vegetable Program, School Testing Days

Policies

EFFECTIVE DATES

Policy Requirements

October 1, 2020	USDA Final Rules for Wellness Policies and Smart Snacks Published DESE Rules Governing Nutrition and Physical Activity Standards and Body Mass Index for Age Assessment Protocols in Arkansas Public Schools - <i>Updated</i>
July 1, 2014 June 30, 2006	Federal Smart Snacks Regulations under the Healthy Hunger-free Kids Act of 2010 Child Nutrition Program Reauthorization Public law 108 -265 requires schools to establish local wellness policies
SY 2004 - 2005	Arkansas Act 1220 of 2003 requires schools to create Wellness Committees

All LEAs must assess their wellness policy at least once every three years on the extent in which schools are in compliance with the district policy, compares to model policies, and the progress made in attaining the goals of the policy. LEAs must make this assessment available to the public. The first Triennial Assessments were due on June 30, 2020, or will be due by June 20, 2021 with a waiver.

Wellness Committees

- Help raise awareness of the importance of nutrition, physical activity, and general wellness
- Assist in the development of local policies that address issues and goals
- Complete required duties listed on the Wellness Committee Checklist
- Recruit and include all of the required members during the development, implementation, review and update of the local wellness policy
- May be school-based, district based, or both
- Identify wellness policy leadership of one or more school official(s) who have the authority and responsibility to ensure each school complies with the policy

Failure to comply with the Wellness Committee Requirements may result in an Administrative Review finding. These reviews are conducted by the Arkansas Child Nutrition Unit every 3 years.

Local Wellness Policies *Must Include:*

- Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promotes student wellness. LEAs are required to review and consider evidence-based strategies in determining these goals.
- Nutrition guidelines for all foods and beverages provided or sold on the school campus during the school day that are consistent with regulations for school meal nutrition standards, Smart Snacks, and Arkansas Nutrition Standards.
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks and Arkansas Nutrition Standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Failure to comply with the Wellness Policy Requirements may result in withholding of Federal Nutrition program payments, in whole or in part, to any LEA for repeated or egregious violations that are not corrected.



ADE Rules Governing Standards for Accreditation of Arkansas Public Schools and School Districts, July 2018, Standard 3-D Food Service

3-D.1 Each public school district shall provide food services in accordance with federal and state laws and rules of the Department

Plan

Planning for the School Health Index

- The School Health Index (SHI) is a needs assessment that should be completed annually at each school by the wellness committee. Module 1,2,3,4,10, and 11 questions are required to be completed.

The Plan for Improvement section of the School Health Index should then be used to discuss the results of the SHI and to develop goals that will be included in the school improvement plan. These goals that are part of the school improvement plan meet the USDA requirement for wellness policy goals.

Developing a School Improvement Plan

- On the Health and Wellness Priority District report in Indistar, districts will identify members of the district wellness committee members as required by both federal and state mandate.
- On the Health and Wellness Priority School reports in Indistar, schools will include the link to their completed School Health Index modules, analysis of their body mass index data, and goals for nutrition, physical activity, and wellness.

Schools will need to provide documentation of their wellness committee members, completed School Health Index reports for all schools in the district, and nutrition/physical activity/other wellness goals for their school improvement plans during and Administrative Review every three years.